

## Couch to 5k – January 19<sup>th</sup> 2016 (9 week course)

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### **Info for participants:**

- 1) Couch to 5k is a gentle progressive course – our aim is to make it a pleasant experience for all our participants.
- 2) We will divide the group into smaller groups based on your personal fitness
- 3) Follow Highway code. Run on pavement, check road before crossing (don't just follow person in front) Use pedestrian crossing whenever possible. If no pavement – keep in single file facing oncoming traffic. Watch out for bikes and pedestrians. Hazards: take care around pavement hazards giving other runners room. If you identify a risk (eg pot holes, parked cars etc) let others know!
- 4) Wear hiviis or light & bright coloured top, no head phones,
- 5) Do not come if you are injured. Text Sally if not coming.
- 6) Keep on track – go out as your leaders advise between Tuesdays. In order to keep up with your group try to run/walk a total of 2 or 3 times each week. Best to have rest day between runs. E.g. do sessions on Tuesday, Thursday, Saturday or Sunday.
- 7) We will use the C25K programme but depending on the fitness level of the group we will either do more or less as appropriate. If you feel the group is too easy or too hard please let us know!
- 8) We can store car keys (only) at the bar – Ledbury Harriers nor the Rugby Club can be held responsible for any lost keys.
- 9) Toilets are available at the Rugby Club
- 10) Sign in on arrival (include an emergency contact number) and sign out on your return. There is space for any notes you wish to remind us of – eg if you are going on holiday
- 11) Join Ledbury Harriers fb ([www.facebook.com/groups/ledburyharriers/](http://www.facebook.com/groups/ledburyharriers/)). We will be posting messages on here for Couch to 5k group. Don't miss out!
- 12) Most important item is a good pair of running shoes (oh and a sports bra for the ladies - try [www.lessbounce.com/shock-absorber](http://www.lessbounce.com/shock-absorber))
- 13) Eating? A light sandwich/biscuit/banana a couple of hours before the run usually suits most people. Try to see what suits you.  
Enjoy yourself – this is your fitness journey!  
Sally Smart 07468 793405